M319 Instructions and Operating Guide

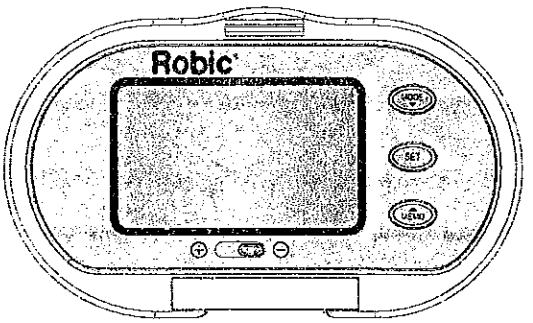
Thank you for buying this Robic M319 pedometer. To ensure safe and correct use, please read these instructions carefully before using it. Do not expose your pedometer to direct sunlight, rain, dust, severe shock, humidity or immerse it in water. As a sensitive instrument, the M319 may cease to operate if dropped onto the floor. Make certain your pedometer is securely attached to your clothing. To open the cover, hold the M319 in one hand with the clip towards your palm and gently use the thumb of your other hand to open the case using the lip at the top of the lid.

Product Features

- 2 Line Display simultaneously shows multiple functions
- 7 Day Memory Recall of important walking/running results
- 2 Measuring Options: individual daily results or accumulated totals over time
- Measures and Displays steps taken, distance traveled, calories consumed & activity time
- Stride Sensitivity Adjustment for most accurate results
- Long Life Lithium CR2032 Battery with low battery indicator

There are 3 pushbuttons which activate all operations of your pedometer.

Robic M319 Dual Display – Memory Pedometer



← MODE (A)

← SET (B)

← MEMO (C)

↑

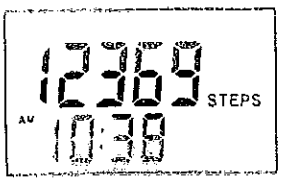
Stride Sensitivity Slider

Adjust the Stride Sensitivity Slider to increase or decrease the unit's response to motion, to increase accuracy of step counting

For the **most accurate results**, the M319 must be **horizontal** and **perpendicular** to the ground, straight and true, not angled or dangling from your clothing. If the pedometer is not straight and true, you will not receive accurate results. Factors which may result in an inaccurate step count include shuffling, walking uphill or down and walking at an inconsistent pace. **Position the pedometer** by securely attaching it at waist level to your belt or to the top of your pants or shorts, on the front of your clothing close to the crease

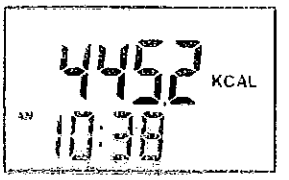
line of your pants (not at your side). The case must be closed at all times, opened only to view results.

Pressing MODE (A) will change the display from Distance/Timer → Calories/Time of Day→Steps/Time of Day. Please refer to the illustrations below for each mode's display:



Steps
+ Current Time

Distance
+ Walking Time



Calorie Consumption
+ Current Time

Selecting Daily or Accumulated (SPLIT) Results

You may select between Daily Results and Accumulated Totals. Press and hold (A) for 2 or more seconds. "SPLIT" will appear in the upper left corner of the display when Accumulated Totals are selected. When "SPLIT" appears, your M319 Pedometer will keep track of your total Steps, Distance, Calories and Activity Time.

Press and hold (A) for 2 or more seconds to select Daily Results. "SPLIT" will disappear.

Setting the Time of Day & Stride Length & Weight

Enter the Calorie Mode by pressing (A), then press and hold (B) for 2 or more seconds. 12/24 hr time option will appear flashing. Select 12/24 hr time by pressing (A) or (C).

Press (B) again. Hours appear flashing. Press (A) to decrease or (C) to increase.

Press (B) again. Minutes appear flashing. Press (A) to decrease or (C) to increase.

Press (B) again. Weight appears flashing. Press (A) to decrease or (C) to increase.

Press (B) again. Stride length appears flashing. Press (A) to decrease or (C) to increase.

Press (B) again to exit the setting operation.

Note: It is important to set the correct Time of Day since the M319 uses Midnight (12:00 AM or 0:00 in 24 Hour option) to begin a new day. The previous day's values for Step Count and Distance will be logged into memory at midnight.

Determine your Stride Length in inches. Walk or run a known distance and divide by the number of steps taken. Always measure heel to heel or toe to toe. For example, if it

takes 10 steps to cross a 25 foot room, the stride length is 2.5 feet (30 in or 2 ft 6 in). The more steps and/or distance measured, the greater the accuracy of the stride length input.

Using your M319 Pedometer

After entering the Time of Day, Stride Length and Weight, put your pedometer on as described above.

1. Your pedometer starts and stops measuring when you begin and stop walking/running. There is a 3 step delay in counting steps. This helps insure that the step count total is accurate by not counting shifting or pivoting on your feet.
2. The M319 has an Activity Timer which is displayed in the Distance Mode. The Activity Timer automatically times in minutes accumulated amount of time that has been spent walking or running.
3. 7 Day Memory Recall of Steps, Calories, Distance and Activity Time - Press Memo (C) at any time to review totals for the previous 7 days. Pressing (C) will recall the results for whichever mode you may select.
4. Battery Level Mark – when the battery is low at under 2.7V, appears on the screen as a reminder to replace the battery.
5. To Reset to zero – Press (A) key for 2 or more seconds until "SPLIT" appears, then press (C) for 2 or more seconds and data will return to zero with no effect on accumulated data.

Specifications

Weight Range: 66-330 lb
Stride Range: 1-5 ft
Step Counter: up to 100,000 steps
Distance: up to 1,000 mi
Calorie Estimate: up to 10,000 calories
Activity Timer: up to 10,000 minutes
Battery Type: Lithium CR2032 or equivalent